

Duality Yoga Class Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am		Hot Vin (45min)	Hot 26 (45min)	Hot Vin (45min)	Hot 26 (45min)	Hot Vin (45 min)	
8:30am		Hot Power Flow	Hot Vin	Hot PiYo	Hot Vin	Hot 26	
9:00am							Hot 26 (75 min)
9:30am							
10:00am							Flow
11:00am							Hot PiYo
12:00pm		Yoga Tone (45min)	Hot Honey (45min)	Flow (45min)	HIIT Yoga (45min)	Hot Vin (45min)	
1:00pm							
3:30pm	Prenatal						
4:30pm		Hot Vin	Hot Vin	Hot Vin	Hot Vin		
5:00pm	Hot 26					SUSTAIN	
5:30pm		Flow	Barre	Flow	Barre	Hot Honey Flow	
6:00pm		Hot 26		Hot 26			
6:45pm		L2 Flow					
7:00pm			Hip Hop Heat		Hip Hop Heat		